

Group Exercise and SilverSneakers®

November 2013

TLRC membership is NOT required to join a group exercise class; however, registration fees apply. For more information about registration or to sign up, visit the TLRC front desk or bloomington.in.gov/TLRC.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.		SilverSneakers® Cardio		SilverSneakers® Cardio Nia®		Boot Camp
9:30 a.m.	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Cardio	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Cardio		
10:30 a.m.	SilverSneakers® Yoga	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Classic		
5:30 p.m.	Nia® ZUMBA®	Boot Camp Joyful Hoops	ZUMBA® 20/20/20			
6:30 p.m.	Yoga	Pilates Cardio Kickboxing	Beginning Yoga	Cardio Core	Swing Dancing	
7:30 p.m.		Core Essentials		Stretch Fit		

SPECIAL EVENTS

Bring a Buddy Day:

First Thursday of each month. Bring a friend to work out for FREE!



SilverSneakers® Lunch

November 18
10:30 a.m.
SilverSneakers® Yoga does not meet on this date.



Group Exercise Fall Session II trial week ends 11/2.

Try a class for free
October 28–November 2!
Winter session begins January 6.



1700 W. Bloomfield Rd.
(812) 349-3720

Hours:

Mon.–Fri. 5 a.m.–10 p.m.
Sat.–Sun. 7 a.m.–10 p.m.

Thanksgiving hours:

November 28: Closed
November 29: Open 7 a.m.–1 p.m.



Like us on Facebook!
Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) November 2013

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities.

Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults call (812) 349-3727.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.	Volleyball	Volleyball Lap Quilting	Volleyball	Volleyball	Volleyball
10 a.m.	Pickleball		Pickleball		Pickleball
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11 a.m.	Tai Chi Qigong		Bridge Club		
noon	Mahjong				Bridge Club
1 p.m.	Bingo		Bingo		
1:30 p.m.			International Folk Dance		Advanced German
2 p.m.	Bunco	Aerobic Exercise	Bunco		Aerobic Exercise

SPECIAL EVENTS

Legal Counseling

November 4 • 3 p.m.
by Atty. Tom Bunger.
Call 349-3727 to register.

Birthday Celebration by Meadowood

First Wednesday of each
month at 12:45 p.m.

Breakfast Bash

November 21 • 8:30 a.m.

Registration required. Call 349-3727 to register.

Sponsored by  Indiana University Health

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, or for a list of participating insurance carriers, visit the TLRC front desk.



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